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**Extended Families: Our Greatest Resources** • November 15, 2016 • Issue #965

## Fearless Caregiver Profile

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

### BELINDA JENNINGS

#### How did you become the caregiver for your loved one?

My mother chose me to be her caregiver as she was diagnosed with Alzheimer's in 2010. I am a nurse by profession and my career helped to prepare me for my caregiving journey

#### What is the hardest thing about being a caregiver and the most rewarding thing?

The hardest is to see her slip away a little at a time, most rewarding is to have the honor to care for such an amazing woman who spent her life serving others.

[...more](#)

#### IN THIS ISSUE

**Featured Fearless Caregiver:**  
**BELINDA JENNINGS**

**Extended Families: Our  
Greatest Resources**

**A Caregiver's Memories:  
How to Deal with Moving  
On**

**Paranoia: Know the Signs**

**CareNotes**

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## FEATURED ARTICLE

# Extended Families: Our Greatest Resources

*By Helen Hunter, ACSW, CMSW*

There are many family situations today where you can find three, four or even five generations living under one roof. While the circumstances that result in multi-generational living vary from financial to health-related to simple family closeness, families who choose to live together face initial periods of adjustment. Many of these family members ultimately find their relationships strengthened by their mutual experiences and their patience in dealing with many issues at once. These issues may include serving as the main caregiver for an older relative, grandparents raising grandchildren and adult children having to rely on their parents for financial support due to job loss or disability. Others choose to live together by choice, as a way to keep the close-knit ties intact, and as a way to help each other when needed by being in the same household. [...more](#)

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## GUEST ARTICLE

# A Caregiver's Memories: How to Deal with Moving On

*By Patricia St. Clair*

It was during that period of time after the hungry feasters snaked through the line of platters, bowls and trays of assorted delights, but prior to the point when the reality of the quantity eaten exceeds the norm. Just a glance at the dessert table with enough confections to put even the most sedentary soul on a sugar high is incentive enough to linger in hopes that the consumed food would shift downwards and leave a gap for the addition of a dessert. [...more](#)

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## CARETIPS

# Paranoia: Know the Signs

*By Jennifer B. Buckley*

Aside from confusion and memory loss, common hallmarks associated with Alzheimer's disease, paranoia is systematic of the illness as well. Not only does the condition rear its ugly head in people living with Alzheimer's, but also people with other mental illnesses. Caring for a loved-one who is paranoid can be a trying task. Do you know the signs of paranoia? Being aware of these disturbing signs and reacting correctly can be a caregiver's only defense from their loved-one's agitated state of mind. Here are some signs of paranoia: ...  
[more](#)

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## CARENOTES

# From Flora in Delaware:

My sister had a stroke and I had a stroke nine months ago and I cannot care for her what can I do ...[more](#)

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